



Supporting psychological approaches to enhancing Jewish identity and defeating antisemitism

"Brosbe, M. S., Kaufman, C. C., Getzoff Testa, E., Dimentstein, K., Guttman-Lapin, D., & Rasooli, T. (2026). Is it really that bad? Antisemitic experiences among Jewish mental health professionals. *American Psychologist*. Advance online publication. <https://doi.org/10.1037/amp0001642>

Antisemitism has been rising in the United States in recent years, including within the mental health field. However, experiences of antisemitism among mental health professionals have yet to be systematically examined. The purpose of this exploratory study was to examine perceptions of antisemitism among mental health professionals as well as their occupational impact. The study sample included 218 Jewish mental health professionals (75% women, 67% White, 54% clinical psychologists) recruited via online groups serving Jewish mental health professionals and snowball sampling. Participants completed measures of demographics and Jewish identity and quantitative and free-response questions about experiences of antisemitism and perceived impacts via an online survey. The majority reported that antisemitism is at least somewhat of a problem ($n = 198$, 91%) and has increased at least somewhat over the past year ($n = 200$, 93%). Most reported experiencing antisemitism ($n = 161$, 74%), and more than a third ($n = 84$, 39%) reported experiencing antisemitic harassment. Participants reported many consequences of antisemitism, including anxiety in the work setting ($n = 161$, 74%), professional exclusion ($n = 46$, 21%), and harmed relationships with colleagues ($n = 115$, 53%). Themes from qualitative responses overall reflected perceptions of exclusion, erasure, and delegitimization of various aspects of Jewish identity and practice. Experiences of antisemitism appear prevalent among mental health professionals and associated with various personal and professional consequences. Findings underscore the urgent need to confront antisemitism in professional psychology and provide support for Jewish mental health professionals. (PsyInfo Database Record (c) 2026 APA, all rights reserved)

Impact Statement

Antisemitism has been increasing across North America. Our results show that this is a clear problem within the mental health field and impacts Jewish mental health professionals. It will be important for our professional and training organizations/institutions to address this widespread problem. (PsyInfo Database Record (c) 2026 APA, all rights reserved)

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Year: 2026